Drug awareness

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Definition of drugs legal and illegal substances.

- A Drug is a substance that affects the way the body or brain works

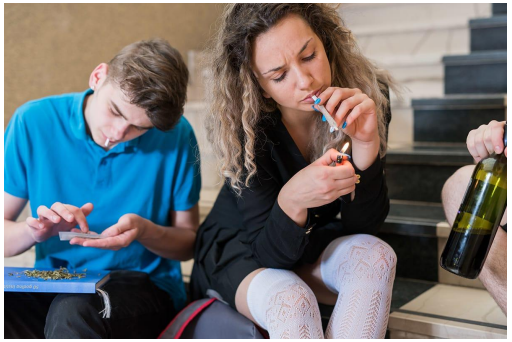
•legal drugs are drugs that are bad for your body and brain

•legal drugs help your body and brain and are prescribed by doctors.

the effect of drugs on someone's overall health and well-being e.g. physical, social, and mental

- Long term health impacts such as liver, kidney and heart problems or cancer depending on the type of drug used and how frequently it was used.
- Dental health problems such as cavities and gum. disease
- Mental health issues such as anxiety and depression.
- The drugs that are given by doctors help you but illegal drugs ruin your body and mind in various ways.

why some teenagers choose to take illegal drugs at a young age and how it can affect relationships and the value of diversity.



- Young people use drugs for similar reasons that adults do, because they want to feel better or different

- Other reasons include socialising with friends, peer pressure or the need to feel part of a group

- Taking drugs as a teenager might also affect their relationships because their family and friends might not want them to take drugs and they might lose control and maybe even die.

What is Tobacco and what is it's drug

- Tobacco comes from the dried leaves of the tobacco plant.

- It is a stimulant drug because it contains nicotine it is an addictive drug that is a stimulant and affects the brain.

- Smokers absorb a lot of different toxic and cancer-causing chemicals.

Short-term and long-term effects of smoking tobacco

Short-Term:

. Bad breath.
. Fatigue and a decrease in energy.
. Reduction in the senses of taste and smell.
. Coughing.
. Shortness of breath

Long-Term:

. Cancer. Smoking causes most lung cancers and can cause cancer almost anywhere on the body
. Breathing problems and chronic respiratory conditions.
. Heart disease, stroke and blood circulation problems
. Diabetes
. Infections.
. Dental problems
. Hearing loss
. Vision loss

why Cigarette packs are required by law to display graphic anti-smoking messages

- Cigarette packs display graphic anti-smoking messages by law to discourage tobacco use

- promote quitting, and educate people about the health consequences of smoking

- Cigarette packets display the anti smoking messages to show what can happen to you if you take cigarettes for a period of time.

What is Second-hand smoke and how is it harmful

•Second hand smoking is when a non smoker walks by a person smoking and breathes in all t chemicals being released from the cigarette.

•It is harmful because it contains over 7,000 chemicals

•including at least 250 known to be toxic or cau cancer, and there is no safe level of exposure.

•Secondhand smoke can cause or worsen serious health conditions in non-smokers, such heart disease, lung cancer, and respiratory illnesses,

What is caffeine?

•Caffeine is a natural stimulant, that increases central nervous system activity to make you feel more alert and energetic.

•It's found in plants like coffee beans, tea leaves, and chocolate, and is added to many different drinks, foods, and medicines.

List some of types of food and drinks that are frequently consumed by teenagers

Most foods consumed by teenagers are fast food, such as pizza,burgers,chips and candy. Most drinks are Mountain Dew, red bull and other energy drinks.

Short term effects of caffeine:

-Increased alertness and focus: by stimulating the central nervous system.

-Increased physical energy: and a faster metabolic rate.

-Elevated heart rate and blood pressure .

-Increased breathing rate

-Increased urination: due to caffeine acting as a diuretic.

Long term effects of caffeine:

-anxiety.
-difficulty sleeping.
-ulcers.
-osteoporosis in post-menopausal
-women.
-irritability and headaches.
-dizziness and ringing in the ears.
-muscle tremor.
-weakness and fatigue.

What is alcohol and what is is it’s drug classification

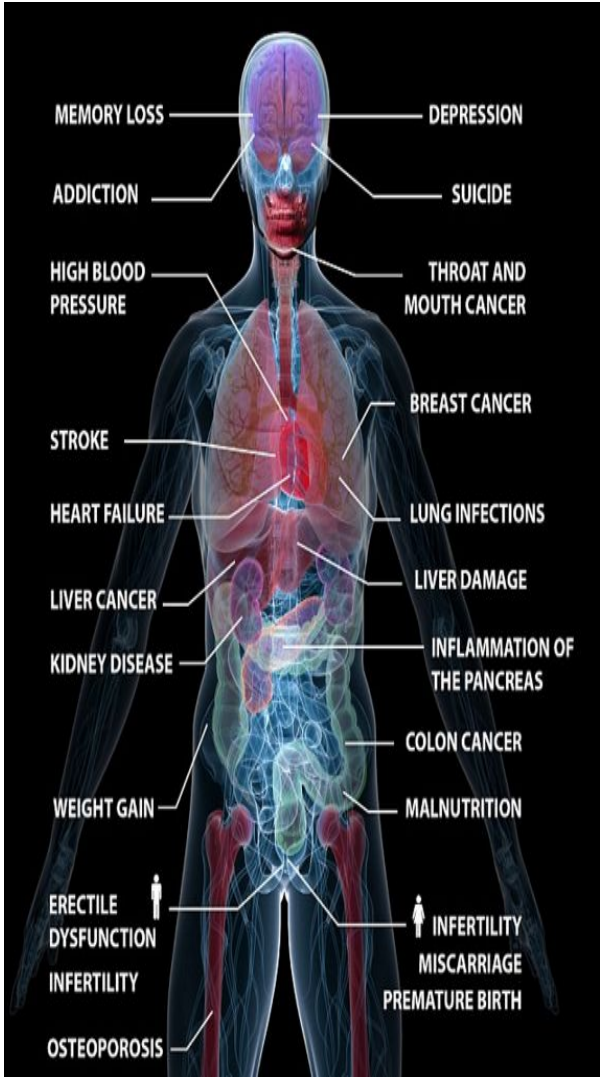
•Alcohol, known as ethanol, is a psychoactive drug that acts as a central nervous system depressant

• meaning it slows down brain activity. Alcohol can make you aggressive and lose control over your body and brain.

Short-Term:

Digestive System:
Nausea, vomiting, upset stomach, and diarrhea.
Circulatory & Respiratory:
Alcohol can increase heart rate and blood pressure, while very high doses can slow breathing and cause respiratory depression.

Alcohol causes blood vessels to expand, leading to a feeling of warmth, but it also leads to heat loss and a drop in core body temperature.



Long-Term:

Liver disease:
Alcohol can damage the liver, leading to inflammation and eventually cirrhosis, which is scarring that cannot be reversed and can lead to liver failure.
Heart problems:
Long-term drinking can increase blood pressure, damage the heart, and increase the risk of heart attacks.
Cancer:
Alcohol consumption is linked to a higher risk of several types of cancer, including cancers of the mouth, throat, liver, esophagus, colon, and breast.
Brain damage:
Excessive alcohol use can cause brain cell damage, leading to problems with memory, thinking, and personality, and increasing the risk of dementia.

What is binge drinking?

- Binge drinking is when someone drinks too much alcohol during a short period of time.

- The general definition of binge drinking is having 5 or more drinks in a row by males or 4 or more drinks in a row by females at least once in the previous 2 weeks.

What are the harmful risks when people choose to drive straight after they have been drinking alcohol that can occur?

Alcohol impacts your ability to drive by:
slowing your brain so that you can't respond to situations

• make decisions or react quickly.

•reducing your ability to judge your speed or distance from other objects.

• giving you a false sense of confidence – you may think that your driving is better than it really is.

Taking Action on Addiction (TAOA) is a national campaign that seeks to improve everyone's understanding of addiction and to end the stigma that surrounds addiction - and sometimes, even the stigma that comes with recovery.

Because it makes teenagers aware of the effects and addiction by helping them have full understanding on what it does to the body, how it affects the brain and how it changes you over time.